

## EGGS

Eggs are nutritious, easy to prepare, and one of the most complete sources of protein because they contain all 9 essential amino acids (the building blocks of muscle) that humans need in their diet.

- One large egg (53g) contains 6g of protein.<sup>1</sup>
- Eggs provide 50% of the daily requirement of vitamin B12, which helps prevent heart disease.
- Egg yolks are a primary source of choline, a nutrient that reduces the risk of heart attack.<sup>2</sup>

## DID YOU KNOW?

- The colour of an egg depends on the breed of chicken it came from. White and brown eggs have the same nutritional value.
- Grade A eggs are classified as **Jumbo** (70g or more), **Extra Large** (63-69g), **Large** (56-62g), **Medium** (49-55g), **Small** (42-48g) and **Pee wee** (under 42g).<sup>3</sup> Generally, the older the hen, the larger the egg. However, some breeds naturally lay bigger eggs than other breeds do.

## ENSURING EGG QUALITY AND SAFETY

In Canada, eggs are graded, sized and packaged at grading stations registered with the Canadian Food Inspection Agency (CFIA). Eggs are graded according to quality. The ones you buy at the grocery store are **Grade A** (cleanest, with the fewest stains and cracks, the smoothest surface and most uniform shape).<sup>4</sup>

**Grade B** eggs have uncracked shells that might have a rough texture, slightly flattened yolks, or thinner whites. These eggs are sold for commercial baking or for processing purposes. **Grade C** eggs have cracked and/or stained shells, flattened yolks, or watery whites. These eggs are used in the production of processed egg products.<sup>5</sup>

Eggs have a **best-before date** that indicates the length of time they maintain their Grade A freshness. Keep eggs on a fridge shelf rather than in a fridge door compartment to avoid frequent temperature changes that occur when the door is opened and closed. Storing eggs in their carton ensures that other food flavours are not absorbed through the shells.

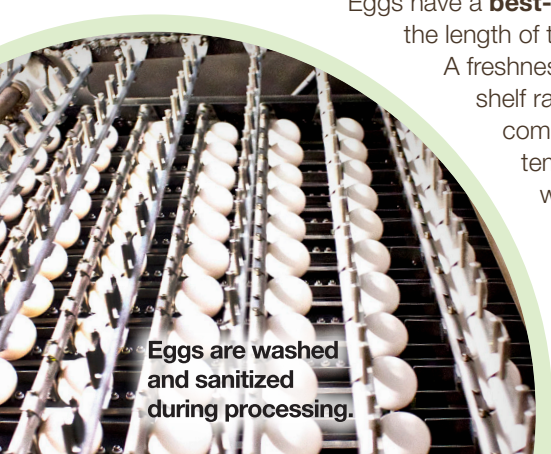
Eggs are washed and sanitized during processing.

## Hormones & Antibiotics?

ALL eggs sold in Canada are antibiotic and hormone free.

In Canada chickens are never given hormones, regardless of the type of farm they are housed on.

Antibiotics help prevent pain and suffering in animals when they have infections. Canada has strict regulations to ensure that antibiotics have cleared an animal's system before any product from the animal is sold as food. When laying hens are given antibiotics, their eggs are thrown away until antibiotics can no longer be detected.



Every egg is checked for cracks, dirt and stains.

## EGGS

### SPECIALITY EGGS



#### SAME NUTRIENT CONTENT AS THE CLASSIC EGG

##### Free-run eggs

come from hens raised in housing systems where hens can move around on the barn floor. Hens also have access to nesting boxes and perches.

##### Free-range eggs

are produced in an environment similar to free-run eggs, but hens have access to the outdoors when weather permits.

##### Organic eggs

come from hens raised by certified organic producers who adhere to Canada's Organic Products Regulations.<sup>6</sup> Hens are fed only organically produced feed from organically produced crops.



#### NUTRITIONALLY ENHANCED EGGS

##### Omega-3 eggs

are from hens provided with feed containing flax seed or fish oils. These eggs contain 5 times more omega-3 fatty acids than classic eggs do. Omega-3s are a type of polyunsaturated fat, or healthy fat, known to protect your heart, which is essential for good health. Our bodies do not naturally produce omega-3s. That's why we need to eat foods containing them, such as eggs.

##### Vitamin-enhanced eggs

come from hens that have been provided with a nutritionally-enhanced diet containing higher levels of nutrients, such as vitamin D, B or E. As a result, these eggs also have higher levels of certain nutrients.

Free-run housing  
for laying hens



### YOLK COLOUR

Egg yolk colour depends on the amount of pigments called **carotenoids** in a hen's diet. Hens that eat feeds with low levels of carotenoids (e.g., wheat) lay eggs with lighter coloured yolks; hens that eat feeds with high levels of carotenoids (e.g., corn) lay eggs with darker yolks. Hens raised outdoors that eat grasses or alfalfa will also produce darker yolks. Yolk colour is not a reflection of the nutritive value or quality of the egg.



### EGGS AND CHOLESTROL

Eggs contain **cholesterol**, which was once thought to contribute to high blood cholesterol levels and heart disease. However, new research proves there is no connection between dietary cholesterol and blood cholesterol.<sup>7</sup>

